

DRILL# **X**

NAME **Run and gun**

**TRAININGGOALS:** Speed, sight alignment, shooting on the move

**STARTPOSITION:** Pistol holster ready

**TIME STARTS:** On signal

**ROUNDS:** 13 (mag with 2 rounds and 11 rounds)

**PROCEDURE:**

Start in box A at 15m, holstered with 1 round chambered and magazine with one round. On signal engage T1 with 2 rounds. Go to box B, execute mag change on the move and engage T2-4 with each 2 rounds. Go to box C and engage T5 with 5 shots. All hits need to be A zone.

**TARGET(S):**

5 ea  
IPSC target  
Combat Effective Zone

**SETUP:**

